

Amendments to the Specification:

Please amend the following paragraph from the original specification:

Under the section entitled, "ABSTRACT," please make the following changes:

A throwing and catching training apparatus for ~~sports, such as baseball and softball~~ sports is disclosed. The throwing and catching training apparatus provides an upright, ~~substantially~~ rigid target panel having a plurality of elastomeric bumpers connected to the target panel wherein the bumpers are adaptable to deflect a thrown projectile in a random direction. A pair of support structures are connected to the target panel for supporting the target panel in an upright position. The target panel may have a cut-out portion extending through the target panel for further defining a target. An elastic mesh netting may be connected to the target panel and extend across the cut-out portion of the target panel in order that a thrown projectile may spring back from the target panel after engaging the elastic mesh netting. ~~The bumpers have a stem that is releasably connected to the target panel and a substantially circular, dome-shaped head that is integral with the stem and extends away from the target panel.~~ The shape of the bumpers allows the thrown projectile to deflect back to the user in a random direction ~~to allow the user to practice their fielding.~~